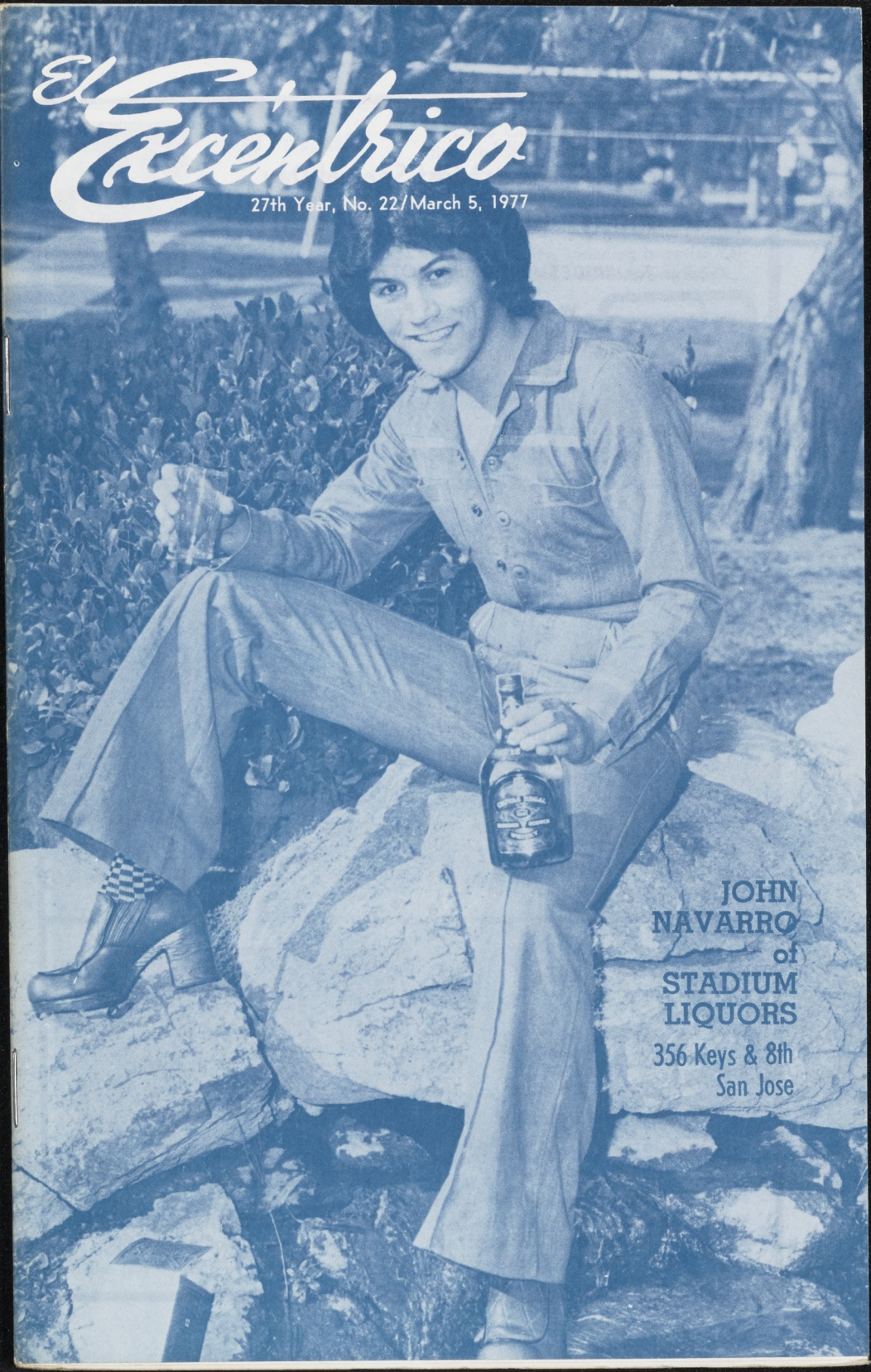
El Excentrico

27th Year, No. 22/March 5, 1977



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El Fotografo de las
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Liceo Cubano, Inc., of Santa Clara held its St. Valentine dance on Saturday, February 12, 1977, at the Fair International Restaurant in Santa Clara. Pictured above are representatives of various clubs and organizations within the community, including Imperial Valley, Lions Club, and Club San Felipe.





Attending The Liceo Cubano, Inc., St. Valentines Day dance were many area radio and T.V. personalities. In the photograph we have a few, left to right: Mr. George Godinez de Radio KAZA, Mr. Aguilar, Antonio Garces de Channel 20 y Alfredo Rodriguez de Radio KAZA.

El Excentrico

Founder/Humberto Garcia, Sr.
1948-1974

Publishers/
Bert Garcia, Marc Garcia

Editor/Marc Garcia
Director/Bert Garcia
Production/Manuel Fernnadez, Steve Costella
Photographer/Richard Diaz
Public Relations/Rudy Belloumini
Sale Representatives
Joe Marquez, Cora Jiminez

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Articles appearing herein are the opinion of the respective authors and do not necessarily represent the beliefs of El Excéntrico nor its sponsors.

27th Year, No. 23/March 20, 1977

El Excentrico is published bi-weekly on the first and third Saturday of each month. Its circulation reaches 35,000 Mexican-Americans in Santa Clara County at each printing. Closing dates are one week prior to publication. Advertising rates are available on request. Subscription rates are $7.00 per year.

Letters to the Editor, comments and story suggestions are welcomed and encouraged.

El Excentrico Business Office is located at 274 Terraine Street, San Jose, California 95110; Phone 294-4040.

Postmaster: Send change of address form 3579 to business office.

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Mexico y Sus Vias de Communicacion

por FRANCISCO J. ORTIZ

El Telefono

La primera línea de teléfonos que extió en la República Mexicana, fue la que se tendió entre el Castillo de Chapultepec y el Palacio Nacional, el 16 de febrero de 1878.

Se continuaron haciendo ensayos entre la capital y poblaciones del Distrito Federal con resultados favorables.

El 24 de diciembre el gobierno del D. F. celebró un contrato con la Westrup y Comp. para establecer unas lineas telefónicas que comunicaran a la Secretariá de Gobernación con la Inspección de Polecia y las comisarías, originando un costo de mil cien pesos.

En el año de 1882 se organizó la compañia Telefónica Mexicana, empresa particular que inauguró su central en la ciudad de México, en la calle Santa Isabel número 6 one-half con trescientos abonados. El gerente general fue J. E. Torbet.

A principios del siglo XX, esta Compañia obtuvo la renovación de su contrato para la explotación del servicio telefónico en el D. F. y otras poblaciones de importancia.

Poco después la Compañia de Teléfonos Ericcson S. A. comenzó a tender sus instalaciónes en el Distrito Federal, inaugurando su central el 7 de mayo de 1907.

El Telegrafo

En México fue introducido el telégrafo por don Juan de la Granja, español de origen y después nacionalizado mexicano. El 30 de octubre de 1850 inicia su empresa publicando un folleto donde exponía su proyecto. Después de vencer numerosas dificultades ocasionadas por los acontecimientos políticos de esta época, logra inaugurar el 5 de noviembre de 1853 la línea entre la capital y Nopaluca Puebla.

El 19 de mayo de 1854 se inauguró la línea electromagnética entre México y Veracruz.

El 10 de mayo de 1859, se publica el decreto prorroganda por 25 años de privilegio a Juan de la Granja para la instalación de telégrafos en todo el país.

El 20 de enero de 1868, el Presidente Juárez y el Gral. Porfirio Diaz, se cruzaron telegramas de felicitación al inugurar el telégrafo en la ciudad de Oaxaca.

El 12 de abril de 1871, el gobierno autoriza el establecimiento de un cable submarino que comunicara a México con Cuba y los Estados Unidos.

El 1 de mayo de 1877 se efectúa un ensayo de palomas mensajeras entre Puebla y México, salvando la distancia en menos de dos horas.

A principios del año de 1885, las líneas telegráficas de la federación tendidas en todo el pais, ascendísm a 21,158 Kms.

El 27 de junio de 1887 es inaugurada la línea telegráfica entra Mérida y México.

Al finalizar el siglo XIX las líneas telegráficas comunicaban a casi toda la República Mexicana.

Ya para esta época, Guillerma Marconi habia inventado el telégrafo sin hilos.

■

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"Education Is Our Freedom..."

The Growing Power of MEXICAN-AMERICANS

by JUAN J. WALTE

Johnny Rodriguez and Freddy Fender can be heard daily on country music stations from El Paso to New York City. Vikki Carr and Trini Lopez lean more toward soft rock and pop.

Joe Kapp and Jim Plunkett are two of professional football's great quarterbacks and Richard Alonzo "Pancho" Gonzalez has become almost synonymous with tennis. Lee Trevino is one of the stars of professional golf.

Herman Badillo, Eligio de la Garza, Edward Roybal, Raul H. Castro, Henry B. Gonzalez, Joseph Montoya, Henry B. Ramirez, Jerry Apodaca, Carlos Romero Barcelo, Teodoro Moscoso, left their marks on national and international, state and congressional politics.

Then, of course, there are labor activist Cesar Chavez and New Mexico rebel Reies Lopez Tijerina, whose several brushes with the law in the Southwest culminated in the now famous "courthouse raid" of Tierra Amarilla, the seat of Rio Arriba County.

And who doesn't know Ricardo Montalban, Rita Moreno, Jose Feliciano, Cesar Romero, Jose Ferrer, Anthony Quinn, Fernando Lamas and Desi Arnaz?

ALL OF THESE FAMOUS MEXICANS HAVE ONE THING IN COMMON: THEY ARE MEXICAN-AMERICANS.

And as such, they are also members of one of the fastest growing — and some feel, among the most neglected — groups of hyphenated Americans.

Their overall impact on U.S. society is older than the Pilgrims and is being felt more every day. Among the estimated 15 million Mexican-Americans are descendants of the first Spanish "conquistadores" who made their way into the Southwestern United States in the early 16th Cenury as well as counless others who got off a plane, legally, in Miami or New York just yesterday or who at this very moment may be crossing, illegally, some point along the 3,000-mile U.S.-Mexican border.

When analyzing the impact of Mexican-Americans on everyday life in the United States, one of the first words that come to mind are "illegal aliens," a problem that Leonard F. Chapman, Commissioner of the U.S. Immigration and Naturalization Service, says "is very serious and getting worse."

It is indeed serious enough to have warranted a recent lengthy study by the General Accounting Office. The congressional watchdog agency issued an urgent call for comprehensive and coordinated federal action to stem the growing tide of illegal aliens, now estimated at 12 million.

INC chief Chapman, a retired U.S. Marine Corps commander, told a national news magazine that some two years ago there were five to seven million illegal aliens in the United States, mostly from Mexico, the Dominican Republic, Jamaica, El Salvador, Guatemala, and Costa Rica. ". . . in another few years it will be ten million, and a short time after that it will rise to 15 or more million," Chapman estimated. He considered as nil the possibility of bringing the flow of illegal aliens under control.

"The magnitude on it will simply overwhelm the INS, even with added personnel," he said.

Some 15 to 20 years ago, Chapman explained, almost all of the illegal aliens were migrant farmworkers. Some still are in agriculture, but most now occupy what is called "service jobs" in the United States, such as waiters, cab drivers, bellhops, and the like and in piecework industry.

"These are not criminals. They are good people who are in an impoverished condition and are trying to find work, a salary and a wage so they can support their families," Chapman said.

"Driven out of their homelands by deeply rooted poverty, a revolution of rising expectations in Latin America, and, on occaion, by political changes at home, and drawn to the United States by cheap and fast transportation and a seeming abundance of low-skilled jobs on American farms and in the larger cities, these people are making a significant impact on our society," said history professors Leonard Dinnerstein of the University of Arizona and David M. Reimers

of New York University in a recent comprehensive study on ethnic Americans.

The mass migration of Spanish-speaking people to the United States is not a recent phenomenon. The last half century is considered to be the era of the Spanish-speaking minorities in this country. But unlike most European and Asian immigrants the Mexican-Americans have not found it too easy to fit into U.S. society. They are now the second largest minority after black Americans and some federal officials estimate that within a generation, probably around the turn of the century, the Latin American communities in the United States may outnumber those of blacks.

"THE IMPLICATIONS FOR THIS COUNTRY ARE ENORMOUS," declared Henry B. Ramirez, a Mexican-American from California who headed President Richard Nixon's Cabinet Committee on Opportunities for Spanish-speaking People. "Not too far in the future, many areas will have Spanish-speaking majorities and Latin American culture will make a very deep impression on the mainstream of U.S. society."

Currently, one of every twenty people in the United States is a Mexican-American. Mexican-Americans are the largest single group, followed by Puerto Ricans, Cubans, Central and South Americans and even some few Spanish immigrants.

Mexican-Americans now number almost seven million persons and most of them have now adopted the term "Chicanos" for themselves, a descriptive word that apparently even the Chicano himself has difficulty in defining.

THE FIRST MEXICAN-AMERICANS came to what is now the United States as conquistadores in search for silver and gold. The year 1528 — long before Plymouth Rock and Jamestown — is accepted as the earliest date for Spanish presence in the Southwestern United States.

Their descendants are still coming — but are now driven by a search for jobs, bread and political freedom rather than the fountains of youth and cities of gold and silver the conquistadores though would find here.

"The Mexican-Americans are the largest and most prominent of the Spanish-speaking group and, after the blacks, are the single largest minority group in the United States," said Dinnerstein and Reiners.

But they added that "until 10 or 15 years ago, they were a forgotten minority, although in more recent times historians, sociologists, journalists, politicians and government officials have become increasingly aware of their presence."

Yet because the Mexican-Americans have been IGNORED as a political power and, in some cases even been treated as second-class citizens, their heritage and contributions to U.S. culture and life have been ignored as well.

The language, customs, history, attitudes, music and even humor of the United States have been greatly enriched by the Mexican-American, and this influence is felt in all regions of the country, although it is stronger the closer one gets to the U.S.-Mexican border.

The cowobys, that most all-American of all-American heroes, is Mexican — just to cite one example. Some even call him "buckaroo," which is nothing more than the Americanization of the Spanish word "vaquero" (cowboy). And what about manana, sombrero, bronco, hacienda, lariat, chaparral, corral, canyon, arroyo, plaza, coyote, and so forth.

Chile con carne and tacos have become so much a part of the U.S. scene as hamburgers and hot dogs, and are found on menus as far from the border as New York City, Minneapolis and Detroit, not to mention San Jose, San Francisco, Los Angeles, San Diego, Las Vegas, San Antonio, Tampa, or even Mexico, Missouri, or La Plata, Maryland.

People in this country have barbecues from "barbacoa") in their patios and quite often, depending on the climate, take a siesta in their hammocks. Margaritas and daiquiris are popular party drinks.

Bonanza means wealth and was also the name of a popular TV western. Beer is downed with gusto and Americans drive cars with names such as Pinto, Vega, Cordoba, Granada, Eldorado, and Camino. Some may even smoke something called "marijuana" (spelled "marihuana" in Spanish.

And who hasn't heard about that most elusive of modern warriors—the "guerrilla." (The word has its origins in Napoleonic Spain in the early 19th Century and means "little war" and those who fight in them should be called "guerrilleros"). Also, non-elected military governments have now become "juntas," as in Chile, Argentina or Thailand.

One of the most visible proof of the presence in the United States of Mexican-

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American heritage, by way of Spain, is the number of states, cities, towns, counties, rivers and mountains with Spanish names.

John Tebbel and Ramon E. Ruiz, in their book Sout hby Southwest, said that more than 2,000 cities and towns in the United States have Spanish names, mostly in California, Texas, Arizona, Colorado and New Mexico. Spanish place names can be found all over the Union.

Mexican-Americans have of late made remarkable gains and seem to be finding, although slowly, their place in U.S. society. Perhaps more than any other minority group, they have been winning an increasing number of elective offices, including at least two state governments (governors Jerry Apodaca of New Mexico and Raul H. Castro of Arizona).

But things weren't always that way and any awakening of awareness of a country's political process is accompanied by radical manifestations. In the case of the Mexican-Americans is the movement called "La Raza," meaning "The People," though its literal translation is "the race."

After the Mexican-Americans, the second large group of Spanish-speaking Americans are the Puerto Ricans. Their number, incluging those who have remained in their Caribbean homeland, is fast approaching the five million mark. Yet the Puerto Ricans' impact on everyday U.S. life, including speech and customs, comes nowhere near that of the Mexican-Americans.

■

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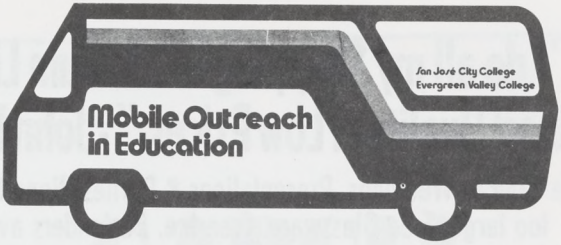
George Maciel, formerly of Northside Market, 901 No. 13th St. Now at Stadium Liquors, 356 Keyes Street / Corner 8th, San Jose, Calif. 295-0616.

"I would love to see all my Friends & Customers at Stadium Liquors. Miss all of you.

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If you are thinking about starting school next fall, check out your community college NOW! — Visit the Outreach van from San Jose City and Evergreen Valley Colleges for answers to all your questions about job training, career counseling, financial aid, Veteran's benefits, child care and much more. You will find the Outreach van at the Oakridge Mall on Thursday, March 3 between 11 a.m.-3 p.m. Drop by for your personal interview or call Outreach at 998-2451 for more information. That's Outreach 998-2451.

Now there's an easy way to find out about attending college. Community College that is. And San Jose City College or Evergreen Valley College can be just about anything you want it to be. The Mobile Outreach van brings right to your neighborhood information about admissions, vocational programs and job training, financial aid, career planning, special classes to meet your needs and much more. This personalized approach makes it convenient for you to find the program just right for you. Stop by and pick up information about attending YOUR community college.

What Is Mobile Outreach in Education?

Mobile Outreach in Education is a large mobile van that travels throughout San Jose and Milpitas with information about San Jose and Evergreen Valley Colleges. The Mobile Outreach in Education staff is specially trained to inform you about the many programs and services available at your community colleges. You can learn about: Vocational Programs • Career Planning • Admissions Information • Financial Aid • Day and Evening Programs • Women's Re-entry Program • Veteran's Benefits • Tutoring and Counseling • Handicapped Program • Job Placement • Cooperative Work Experience.

Who Is Mobile Outreach in Edcuation For?

It's for You! May be you stopped your education to go to work, to get married, to raise children, or to enter military service—and now you want to return to school. Maybe you wish to learn a new job skill, improve your present skills, or increase your education. Maybe you just want to take a class for fun! San Jose City and Evergreen Valley Colleges offer a variety of courses to meet your needs. You might want to join your friends and neighbors who are enjoying the many benefits of the Community College. Tuition is free and no high school diploma is required if you are over 18. Visit the Mobile Outreach in Education van to discuss your needs and concerns — maybe we can help You!

Why?

We want You to know about San Jose City and Evergreen Valley Colleges — our programs, our services, and our students. You may not know where to go for information; you may be too busy to visit our campuses. You might simply want to talk to someone about education. We want to talk to you too, so we provide these services to you right in your own neighborhood.

Where?

The Mobile Outreach in Education van can be found at community agencies, shopping centers, markets, high schools, and Adult Education Centers throughout San Jose and Milpitas.

When?

Mobile Outreach in Education operates days, evenings, and week-ends year around. To find out when the van will be in your area, call 998-2451 any time. We hope to see you soon!

Que es el Centro Educativo Ambulante?

El Centro Educativo Ambulante es un vehículo que viajo por San José y Milpitas con información sobre los colegios San José City College Evergreen Valley College. En el Centro Educativo Ambulante hay personas especialmente entrenadas para darle información a usted sobre muchos programas y servicios disponibles en los colegios de la comunidad. Usted puede recibir información sobre: • Programas vocacionales • Planes para profesiones • Carreras • Información para admisión • Ayuda Financiera • Programas para día o noche • Programas para mujeres que desean volver a la escuela • Beneficios para veteranos • Tutores y Consejeros • Programas para gente con desventajas físicas • Colocación de trabajo • Experiencia en el oficio en cooperación con la industria.

Cuando?

El Centro Educativo Ambulante funciona durante el dia, tardes, noches, y fines de semana durante todo el año. Si Usted desea saber cuando pasaremos por su área, llame por teléfono a cualquier hora a 998-2451. Deseamos verlo pronto!

Donde?

El vehículo del Centro Educativo Ambulante puede encontrarse en agencias de la comunidad, mercados, escuelas, secundarias, y centros de educación para adultos en todas las partes de San José y Milpitas.

Para quien es el Centro Educativo Ambulante?

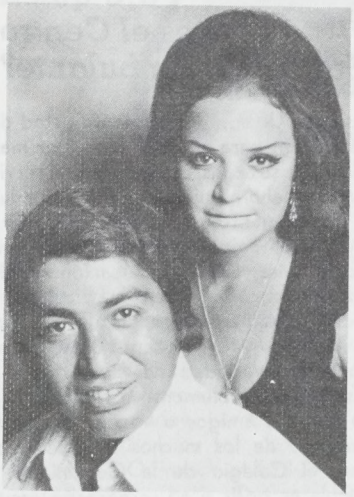
¡Es para Usted! Posiblemente usted dejó su educación para trabajar, contraer matrimonio, criar sus hijos, o para hacer el servicio militar — y ahora quiere continuar su educación. Posiblemente usted desea aprender un nuevo oficio, mejorar o avanzar su presente oficio, o desarrollar su educación. Quizás usted simplemente desea matricularse en una clase solamente por placer. San José City College y Evergreen Valley College ofrecen una variedad de cursos para sus necesidades. Posiblemente usted desea juntarse con sus amigos o vecinos que están disfrutando de los muchos beneficios que provee el Colegio de la Comunidad. La matricula es gritis y no se necesita escuela secundaria si usted tiene 18 años de edad. Visite el vehículo de Centro Educativo Ambulante para conversar sobre sus deseos y necesidades educaciónales. Quizás podamos ayudarle u Usted!

Por que?

Nosotros queremos que Usted sepa algo de los colegios San José City College y Evergreen Valley College — nuestros programas, servicios, y alumnos. Posiblementt usted no sabe donde conseguir esta información o está muy ocupado y no puede visitar nuestros recintos de colegio. Quizás usted simplemente quiere hablar con alguien sobre su educación. Nosotros tambibn queremos hablar con usted y es por eso por proveemos estos servicios en su comunidad.

If there are any questions or discrepancies regarding this schedule please contact us immediately at 998-2451. Thank You!

Date	Time	Location
March 1, Tues.	11:00-3:00	K-MART, 75 Weller Ln., Milpitas
March 3, Thur.	11:00-3:00	OAKRIDGE MALL, 925 Blossom Hill, San Jose
March 8, Tues.	11:00-3:00	LUCKY'S, 7th and Santa Clara, San Jose
March 10, Thur.	11:00-3:00	MERVYN'S, Story and McGuinness, San Jose
March 15, Tues.	11:00-3:00	BERRYESSA CORNERS, Berryessa and Capitol
March 17, Thur.	11:00-3:00	SEVEN TREES, 4140 Monterey Rd., San Jose
March 22, Tues.	11:00-3:00	HACIENDA GARDENS, Hillsdale and Meridian
March 24, Thur.	11:00-3:00	GEMCO, Capitol Ave. and Silver Creek, San Jose
March 29, Tues.	11:00-3:00	K-MART, McKee Rd. and Jackson Ave., San Jose
March 31, Thur.	11:00-3:00	OAKRIDGE MALL, 925 Blossom Hill, San Jose



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John McCloud, KLIV Radio personality who will be grand marshal of the March 13 Walkathon Against Birth Defects for Central Santa Clara County, is pictured with Gaul Garrett, 9, Sunnyvale boy who is March of Dimes poster boy.



March of Dimes Walkathon

March 13 has been set for the Sixth Annual March of Dimes Walkathon in Central Santa Clara County, with a new route starting at Town and Country Village and ending at the County Fairgrounds.

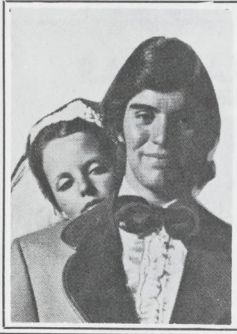
John McCloud, KLIV Radio personality, will be grand marshal of the event, vowing to walk the entire 30 kilometer route. He will broadcast throughout the day via the KLIV van that will patrol the route.

Paul Garrett, 9, poster boy for the local March of Dimes, will also start out by foot. However, a birth defect keeps him from doing much walking, and he will ride most of the way.

Funds raised in the Walkathon will go to the fight against birth defects through research, education and service. Information about the March of Dimes program or the Walkathon is available at 1171 Lincoln Avenue, San Jose; phone 297-1864.

Sponsor sheets are available in 7-Eleven Stores and Carl's Jrs. Procedure is to line up people who will sponsor a walker for at least 10 cents a kiometer.

■



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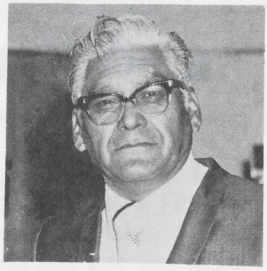
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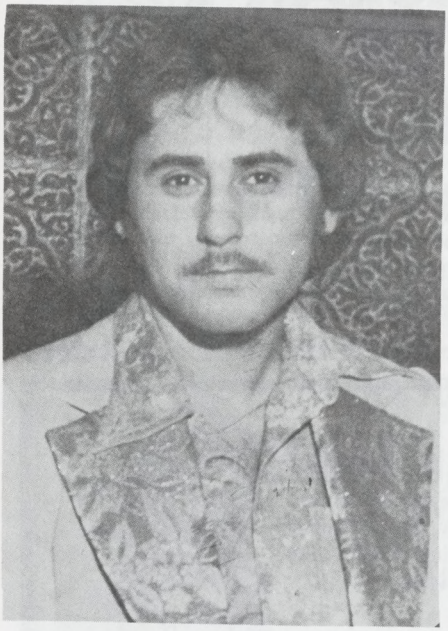
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por Daniel G. Saldaña

GALERIA DE LUCHADORES



RUDY BACA

El Director del Combo Universitario, Sr. Rudy Baca, nació en Union City, Ca. En esa ciudad hizo sus primeros estudios hasta obtener su diploma de High School.

El padre de Rudy trabajaba en una planta metalúrgica de Niles, Ca., era originario de Chihuahua, Mex., su madre nació en Mexicali.

Cuando Rudy tenía siete años de edad empezó a estudiar música con un maestro que le daba una clase de una hora cada semana; aunque Rudy prefería ir a jugar con sus amigos, su papá insistía en que no faltara a sus clases de música, tal vez sin imaginar que algún día su hijo sería un famoso Director de Orquesta; Rudy empezó a tocar el clarinete y aprovechó las clases de su maestro, a los nueve años de edad y con sólo dos años de estar aprendiendo, empezó a tocar en un conjunto que se llamaba The Pan Americans, cerca de dos años tomó parte en este conjunto.

En 1969 cuando Rudy terminó su High School, trabajó como inspector en una compañía manufacturera de hule por algún tiempo; después formó parte de varios conjuntos musicales, entre ellos la famosa orquesta de Connie Caudillo que es muy conocido en todo el norte de California y otros lugares. Rudy ya ganaba su dinero con la música, durante cinco años trabajó en diferentes lugares como miembro de varias orquestas.

Connie Caudillo lo animó para que formara un grupo, le regaló cuadernos de músico de la que se toca en los bailes populares; empezó a formar su grupo y un amigo suyo le sugirió el nombre de Combo Universitario, tomando en consideración que todos los miembros de su conjunto eran jovenes y además eran estudiantes de la Universidad de Berkeley.

El Combo Universitario de Rudy Baca está compuesto por diez miembros, todos con amplios conocimientos musicales y gran dedicación a su trabajo; ya tiene este Combo nueve años de estar actuando en muchos lugares por que los llaman de todas partes; se han especializado en música mexicana, que gusta mucho por su ritmo y su melodía, pero toca toda clase de música, especialmente la que esta de moda o lo que el público pide, es una de las orquestas locales que les gusta más a los bailadores.

Rudy con su Combo Universitario trabaja para la Empresa de los Grandes Espectaculos del Sr. Arnulfo Delgado; el Gordo Delgado como lo conocen todos. Como Director del Combo Universitario, Rudy procura que todos sus músicos vistan con pulcritud y uniformidad, con esto demuestran su educación, su disciplina y su respeto a sus patrocinadores.

El ya famoso Combo ha actuado en el Hollywood Paladium de Los Angeles, en Tijuana, Mexicali y Ensenada de Baja California, Mex. En Phoenix, Ariz. San Francisco y en todos los pueblos y ciudades de la Habia. Durante una de sus actuaciones en Los Angeles, ganaron el trofeo El Globo de

Oro del Norte de California; asistieron a la entrega del trofeo grandes luminarias del arte, entre ellas el Gran Pedro Vargas, la exquisita Lucha Villa, Raul Velazco que presento los trofeos, la aplaudida Rosenda Bernal y otros muchos de los artistas de fama.

El niño que prefería jugar con sus amigos en lugar de tomar las aburridas clases de música y que por quince años estuvo estudiando este arte, es ahora el Director de su Famoso Combo Universitario de Rudy Baca.

Le pedí al Sr. Rudy Baca que me diera un mensaje para la juventud y me contestó: Sr. Saldaña, mi mensaje a la juventud es, según mi experiencia de trabajar en grupo, que sean amables y respetuosos con sus compañeros de estudio o de trabajo; la armonía hace menos dura y más agradable la tarea.

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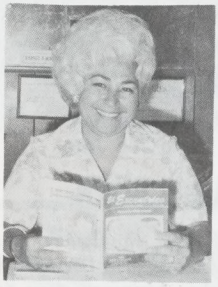
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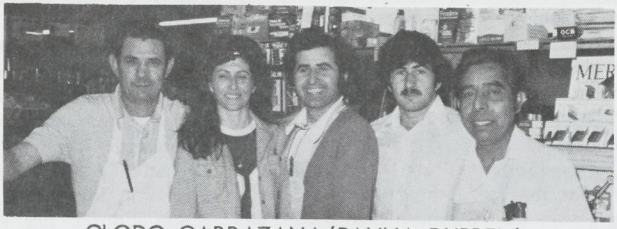
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At The Movies

Tony Saenz

FREAKY FRIDAY

FREAKY FRIDAY — Comedy; a Buena Vista Release of a Walt Disney Production. Stars Jodie Foster, Barbra Harris, John Astin, Keenan Yynn. Script by Mary Rodgers; music by Johnny Mandel. Directed by Gary Nelson.

This movie is the newest of the Disney live action comedy fair and it "fairs" as one of the best of Disney's work in the last four years.

The story in case you haven't heard is about one typical thirteen-year-old tom-boy, who doesn't like school, her brother or any other menial responsibilities that come with that age and her mother, an attractive middle-class housewife, who has everything anyone could want at that age; i.e., a house, new cars, financial security, two children, but she's tired of it. She too is tired of her "menial" chores of everyday existence, she would like the irresponsible time of youth once again.

So, along one day very early, in case you haven't guessed by now, they wish they could be each other for just one day, and they get their wish. And that's when the story really begins.

I really can't tell you anything that happens because it would really spoil the fun that's in store for you. Unlike the usual Disney film, this one is aimed at the adults. There's plenty of sight gags and one harry car chase to keep both children and preteen glued to the screen, but the emphasis is on the script, because Disney really makes a statement on children and adults that is very obvious.

The performances are all top-notch, in particular that of Jodie Foster and Barbra Harris, they do way more than their share. The stunts and special effects are super as per usual in all Disney films.

For an interesting time at the flicks, see it . . . now playing at the Century 22 in San Jose and the Old Mill Six in Mountain View.

HOUSE OF WAX

HOUSE OF WAX — 3D Melodrama; a Warner Brothers Picture. Starring Vincent Price, Frank Lovejoy, Charles Bronson, Dabs Greer. Directed by Andre De Toth.

If you've seen the ads for this and have been wondering whether it's worth your time, you don't have to any longer. It's SUPER! Although it's been on television the last ten years you will never see it the way they are showing it at the threater. 3D films haven't been around in a good fifteen years and there is a whole generation that has no idea of what it is with the exception of wearing glasses. The characters and the action comes right out at you and I'm not kidding! This is the first of a series of old 3D films that will be coming your way in the next six months that are being re-released for those of us who forget or for those of us who have never seen. Among those coming back your way are "13 Ghosts," "The Mask," "The Creature From The Black Lagoon" as well as a few others.

Now playing at the Meridian Quad Six and the Oakridge Six in San Jose.

A STAR IS BORN

A STAR IS BORN — Musical, drama. A Warner Brothers release of a Barwood Productions. Stars Barbra Striesand, Kris Kristofferson. Directed by Frank Pierson.

For those of you who have not run right out to see this one, you must count yourself in one of the smallest minorities in movie history. The newest of Striesand movie is a very mell made re-make of the old Judy Garland, James Mason movie of some twenty-two years ago. In this case, however, the story concerns that of a rock singer instead that of a movie star and her, Ms. Striesands, climb to stardom. The film has super music in it written by Paul Williams as well as the theme song, which was written by Ms. Striesand herself. The production value is extremely of high quality, making the picture looking a lot more expensive that it actually was. The only problem which arises in the movie, and no-one seems to care about is the weak script. This makes one wonder why? With everything else going for it, why hurt a potentially good film with a poor script? Rumors in the movie circle suggest that Kristofferson was not the first choice for the male lead. And because they ended up with him they had to make



drastic changes in the script to make it work for him.

In spite of the problems, the film comes off very well with the accent on Ms. Striesand looking good as always. For a good evening at the movies see it, I'm sure you won't be disappointed. By the way the movie is being shown with stereo sound to heighten the film. Now playing at an exclusive engagement at the Fox Town & Country Theater in San Jose.

CURRENTLY PLAYING & RECOMMENDED

"ROCKY" — Century 21, San Jose.

"THE ENFORCER" — Saratoga Six, San Jose, Meridian Quad Six, San Jose, Century Almaden, San Jose.

"HARRY & WALTER GO TO NEW YORK" — Saratoga Six, San Jose.

LOGAN'S RUN" — Meridian Quad Six, San Jose.

"7 PERCENT SOLUTION" — Meridian Quad Six, Saratoga Six, Century Almaden, San Jose.

"CAR WASH" — Saratoga Six, San Jose.

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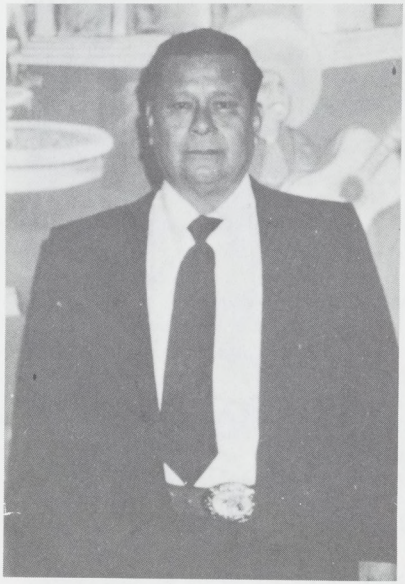
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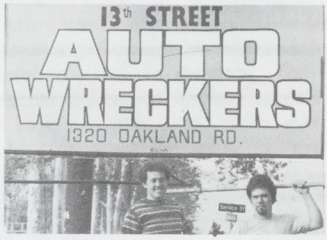
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What You Eat Determines HOW YOU FEEL

by KIM BASKETT

Do you ever feel grouchy, moody, depressed, irritable, or uncooperative? Chances are, living in society with all its problems, that you feel these things a lot. For most people, though, these feelings are probably intensified by not eating properly. That means not eating the right foods or not eating them at the right time of day.

For example, the type of breakfast you eat in the morning has an important effect on how your body functions for the rest of the day. Your basic coffee with sugar in the morning, maybe with a donut or piece of toast, will probably lead to fatigue and inefficiency, no matter what you might eat later on. On the other hand, a breakfast containing some protein in addition to carbohydrates and sugars, can lay the basis for an energetic day.

Your body's ability to produce energy depends on how much sugar there is in your blood. The average amount of sugar is 90-95 milligrams (mg.) per half-cup of blood. At this level there is enongh sugar so that each cell can function properly. The sugar level is especially important for the brain — if the sugar drops only a little, thinking becomes slower, more confused, and nerves become tense. If the supply drops lower than about 65 mg., you will usually notice a craving for sweets or a growling in your stomach.

You might think this means you should eat plenty of sugar to keep the sugar level up, but that's not right. Eating sugar alone only makes the situation worse. Excess sugar stimulates your body to produce insulin, which tries to hold your blood sugar level down by removing sugar from the blood and storing it as starch or as fat. As a result your sugar level actually drops below its normal level. That's when you get all those tired, irritable feelings.

The trick in good eating is to reguate the amount of sugar going into the blood in order to maintain just the right sugar level level. That's where a good breakfast comes in. Only when you eat sugar or carbohydrates in combination will protein and fat (which slow down digestion) will sugar be gradually absorbed into the blood, and energy be maintained at a high level for many hours.

The best breakfast is one which contains fruit or juice to supply natural sugar; cereals, hotcakes, waffels, or toast to supply carbohydrates (these are turned into sugar during digestion); and most importantly, eggs or fortified milk to provide protein.

If you leave out the protein, your blood sugar will increase dramatically in a matter of minutes. This may produce a short, energetic buzz. But it also stimulates the pancreas to your insulin into your system. The more sugar and carbohydrates you eat, the more insulin. The more insulin, the more sugar is withdrawn from the blood. It's a viscious cycle. Fatigue will likely set in by mid-morning.

Drinking coffee without sugar in the morning doesn't help much either. Caffeine also stimulates the release of insulin, producing the same low sugar level effects. Also, shooting up with a donut or candy bar during the day or having a big lunch won't solve the problems left over from a poor breakfast.

The cells in your body can only store so much excess sugar as starch. The remainder is converted into fat. After digestion of a meal is completed, the starch can be easily broken down into sugar again, but the fats are not burned efficiently without sugar. It leaves "ashes" in the form of acetone and acids, which are somewhat harmful to the body.

In addition the brain and nerves must have sugar to live. So when there is insufficient sugar in your blood, the adrenal glands send out a substance called cortisone. This substance destroys cells so that their protein can be converted, in part, into sugar. Bad eating habits thus force the nervous system to become a parasite which lives off other body tissues. The sags and bags you see in your mirror are the result of this type of destruction.

Maximum well-being and efficiency can can and should be produced for every hour we are awake. Your meals can be planned to give efficiency when you need it most. For example, if you're on swing shift, eat the meal highest in protein before you go to work. In addition to milk and eggs, meat and fish, beans, and nuts are good sources of protein.

Generally avoid using coffee and/or

candy for "pick-me-ups" and if possible, eat high protein between meal snacks. Whole milk or cheese with a piece of fruit has produced to be most efficient in energy production. And remember if you do eat sugar, it's best to eat natural sugars like fruit and honey rather than refined sugar. Refined sugar is used in candy, sweetened cereals, and packaged foods, and has had all the vitamins removed in processing. Even though it makes you feel full, it is nutritionally deficient.

Reprinted From
San Jose Community News ■

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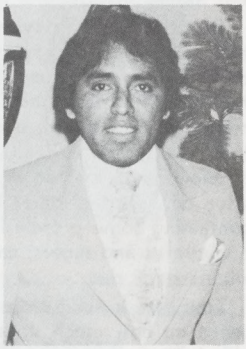
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SAN JOSE LATIN AMERICAN LIONS CLUB

Se ha formado un nueve club de leones que recibirá su Carta Constitutiva de la Asociación Internacional de Clubs de Leones el próximo 25 de marzo.

En la junta llevada a cabo el 14 de febrero y con la presencia del Sr. Gobernador del Distrito Leonístico 4-C6 León Tony Pisciotta y del León Steve Sachus Chairman Zone número 2. Se procedió a nombrar la mesa directiva del nuevo club, quedando integrada en la siguiete forma:

Presidente, (Charter) León Dr. John de Heras
Primer Vice-presidente, León Steve Chavez
Segundo Vice-presidente, León Celso Rodriguez
Tercer Vice-presidente, León Jesse Quinoñes
Secretario, León John Schroeder
Tesorero, León Luis Valcarcel
Torcedor de colas, León Justino Venegas
Domador, León Jose Monroy
Editor del Boletin, León George Velez
Directores por dos años
León Daniel G. Saldaña
León Tony Valerio
Directores por un año
León Cipriano Gonzalez
León Rudy Tenes

Los treinta miembros que forman el San José Latin American Club han empezado a trabajar con gran entusiasmo para organizar el Banquete Baile que se llevará a cabo para recibir su Carta Constitutiva. La razón de haber bautizado este nuevo club con el nombre de Latin American es que entre sus miembros se encuentran personas de nacionalidad Mexicana, Cubana, Peruana, Boliviana, Guatemalteca, Puerto Riqueña, Chilena, Salvadoreña y esperan tener miembros de todas las naciones Hispano Americanas o Latino Americanas.



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NIT WIT MEDIA

(Entirely fiction, by the way, my deah; and similarity to anything, living or dead is purely coincidental).

THE WRITER'S DIGESTIC INQUIRER, is a very depressing magazine. It has unnumerable people trying to sell advice to the unpublished writer; as how to avoid a nervous breakdown when the rejection slips come in the mail.

Offers of bying poems—$1 a piece and experts selling themselves to judge a manuscript. Of course nothing is free.

Sr. Sharp Foxxxx, for instance,: "WRITERS —Here is how! I sold 10,000 articles so can you! Editors of magazines are dying to read your creative efforts if you can afford a reasonable fee for professional help . . ."

I think this fellow has sold 10,000 articles all of them the creative efforts of clients.

THE GURU'S ADVICE

"Of the three following birthdays which should I marry?" "Dec. 18, Sag., Sept. 28th, Libra, or Jan. 27, Acquarious."

ANSWER — "Think about all three before you go to bed. Gather your psycho impressions of the three and the one you think of first in the morning is your best bet."

SORRY DR. SOUL, I would say that if she or he goes to bed alone the one she/he thinks of last is the best choice. And about gathering the psycho impressions, forget them! P.S. Did you mean psychic?

EGO MAN i a

Betty Ford said that she feels 50 per cent better after leaving Washington now that she is in California.

Presiden Ford said, "Now that she gots me around part of the time she is happier."

Both of them look wonderful and definitely more relaxed, tanned and healthier.

BETTY FORD is the most admired American woman nowdays according to the latest pool. I would cast my vote for her if somebody would ask me!

With a bout of cancer, arthritis and married to Jerry Ford, she copes admirably with life in general; the lady has courage, class and personality.

BETTY FORD married Jerry Ford October 15, 1948.

Her maiden name was Bloomer and she was 30 years old at the time. President Ford, then a candidate for Congress, arrived at the Episcopalian Church very, very late . . . he had been campaigning . . . with a black shoe and a brown one.

Betty Ford had divorced a year before a business man, William Warren, who is married now to a Mexican woman.

Betty loves to dance and at one time she was seriously considering becoming a professional dancer.

At the time of her marriage she was an executive fashion emporium.

Her image is one of being an outspoken and very sincere person as well as an understanding mature mother and a loving but independent wife.

Come to think about it we do have a lot in common, except money, a husband, fame, . . .

Recently she said about the "LIVING IN SIN" issue: "President Carter has no business telling people to quit living in sin and get married."

M, STANDS FOR MURDER

Mmmexiccann Mmmmafffiia? Not pppossibbble! I bbelylievve theey arrre hummannnittarians, hellpppingg our unndder pppprivvilledggge ppeoppplle . . . I really can't underrrsstandd whhhy I ammm sssoo neerrvoooussss . . .

All this is great for the pure blooded aztec image that some activists want to saddle the Mexican American community with. Half way houses to death! Mental hospital murders and guerrilla-like executions. One way to stop them is cutting off the federal funds that are so viciously misused. But that would be too simple.

TROPICAL CANCUN, MEXICO

Most affluent Mexicans and Latin Americans — and the usual very rich gringos — are visiting Cancun during this holiday season.

Bye-bye Puerto Vallarta. n January 1975, Cancun had 300 rooms available for tourists. There are over 2,000 now and most in very plush "in" places with their private beaches.

Cancun has more than 23 wells sunk into underground reservoirs deep in limestone fields. Several modern plants demineralized the water and make it potable.

Cancun has become one of the most beautiful places in the Caribean fit for consumption of the verry, verry rich. The cradle of the Mayan civilization has a population of 20,000 and about 14 miles of fine white coral sand . . . plus the blessings of López Portillo and all the help he can give the tourist industry.

WATER WATER WATER

Scientists are considering the possibility of transporting icebergs from the poles to places where water is vitally needed to survive.

Soudi Arabia has complicated plans that would leave Jules Verne's extraordinary tales, pale.

The new king, Mohamed Faycal, has started huge projects for the desalinization of sea water. This has proved extremely expensive, but this country is rich and so what . . . if water proves to be more dear than gold, oil or coffee. . . . Saudi Arabia can afford it.

EVA PERON

"Evita" is the title of a fast selling record in England. A musical production of "catego," class, being bought at the rate of 3,000 copies a day.

Eva Perón continues to be a controversial figure. For millions a saint, for as many others, a power hungry predatory female.

AY, AY, AY, AY, CARAY!

Corns and beans; lizards, snakes and worms; domesticated turkeys and hairless dogs and MEN AND WOMEN LOVINGLY FATTENED TO BE EATEN, WAS THE DIET OF THE ANCIENT AZTECS!

In the conquest of Spain, Bernal Diaz who accompanied Hernan Cortes in his trips wrote that he found evidence throughout Mexico of cages made of lattice-work where human prisoners were kept to supply food for their captors.

Dr. Michael Harner, an anthropologist contends that the evidence has been "covered up" but no longer can be denied.

Human sacrifices and cannibilism kept the Aztecs entertained and provided protein source no other way available.

Dr. Woodrow Borah, an authority in ancient Mexico, has recently estimated that 250,000 people a year were so ultimated—not counting the barbacued slaves and captives.

Now I know why I have always been most reluctant to call the Aztecs my grand daddies.

On the other hand that could explain my liking for meat proteins . . . come closer and I'll bite ya!

However, we do not have to worry about President José López Portillo, who has traced his roots to several generations back to "pure" Spaniards.

Now, those chaps were very close to the Moors, Celts, Romans, Greeks and gypsies from God knows where.

To their roots add conquerors and invadors from every place in the world . . . almost! Still, every cloud has its silver lining, without any Aztec blood on or in him, perhaps López Portillo will not be a "mordelón"—he who bites—as an adjective for a person who takes bribes.

THAT'S NOT ALL AT ALL — VON WOTHENAU, a professor who is an anthropologist in México, has found enough evidence to suggest that among our ancestors were Chinese, Jewish, Black . . .

And finally, that every man may trace his roots to the color black.

IDI AMIN, Ugandan President, is angry! He demands an immediate apology from the United States. . . . He who is free of sin may throw the first stone . . . or do not throw rocks if you live in a glass house, or whatever.

Idi adores women and is known for his taste in blondes, red heads, burnettes, tall, short, and very young sweet things.

The White House, is thinking things over and released a wise press release: "I don't have any comment on that," from Jody Powell, Press Secretary of President Carter.

Well, all is well. It's Carnaval time and I have to join my comparsa . . . What are you up to?

"Praise thou a little vessel, and store thy freight in a large one" heed the words of 'el otro'—the other.

Ciao—mio amore, hasta la otra ché! Au revoir mon cheri papá, shalom! Joy and love!

■

Local MACC President Elected to National Post

John G. Zamora was elected President of the National Mexican-American Hispanic Chamber of Commerce at its annual convention Feb. 26, 1977, in Stockton.

NMAHCC represents business associations in California and the entire United States.

Zamora is president of the San Jose Mexican-American Chamber of Commerce and active in many community affairs as well as international good will efforts. He was instrumental in arrangements to make Veracruz, Mexico, a sister city to San Jose. He is currently American Chairman of the Bi-National group preparing the trade fair of Mexican commerce and industry to be held in San Jose in September 1977.

Zamore served two years as Vice-President of the NMAHCC and was nominated for the presidency by his predecessor, Al Quevedo of Los Angeles. Zamora plans to move the national headquarters to San Jose and will meet with the executive board March 19, 1977 to discuss plans for the future.

Other newly elected officers of NMAHCC are Vice-President Frank Garcia, Sacramento; Secretary Jess Martinez, Modesto; Treasurer Richard Garcia, Stockton. New directors are Luis Bolburo, New York City; Ceasar Dovalina, Chicago; Richard Flores, Phoenix; Joe Golzalez, Santa Rosa, Ca.; Carlos Montalvo, San Diego and Milton Nava, Los Angeles. ■

20 KEMO-TV

El Nuevo Show de Variedad en el Canal 20, llamado "El Mundo del Cristalino" se iniciará el Sábado 12 de Marzo 1977 a las 8 de la noche. Este Show de una hora tendrá artistas de todas las nacionalidades. Será hecho en Español, pero el Inglés será usado cuando la ocasión lo indique en el programa. Don G. Angulo, Jr., cuyo nombre artístico es "El Cristalino", será el Cantante principal y Maestro de Ceremonias.

El Cristalino también es compositor y Director de Mex-Cal Records y otros negocios en San Francisco.

Usted queda cordialmente invitado a ver el Show y gozará Ud. de una hora de buen entretenimiento. ■

Chicano Law Students Association, Inc.

The Chicano Law Students at the University of Santa Clara School of Law are hosting a Law Day on March 12, 1977. Law Day activities will commence at 1:00 in the afternoon with Chicano attorneys and professors as guest speakers. The program will culminate with a fund raising dance featuring Underground Railroad at 9 p.m.

P.S. — Irrespective of legal interests ALL ARE INVITED to the fund raising DANCE at the University at 9:00, also, all activities above mentioned are on campus.

Martin Martinez 241-0514 ■

Veteran Outreach Program

El programa de "Veterans Outreach" auspiciado por el "American GI Forum" de San Jose, fue fundado financieramente en su tercer ano consecutivo por el "Santa Clara Employment and Training Board." Este programa de "veterans Outreach". Ha tenido un exito rotundo sirviendo a miles de veteranos desde su iniciasion en 1974.

Durante el ano fiscal de el 1 de Octubre a Septiembre de 1977, proveeremos los siguientes servicios a veteranos y sus dependientes elegibles: información y ayuda en carreras vocacionales ademas de referimientos a centros de entrenamiento. Nuestros calificiados consejeros asistiran al veterano en solicitudes de reclamación para casos dentales, medicos, de incapacidad, beneficios educacionales asi como tambien como el mejoramiento de separaciones deshonrosas.

"Veterans Outreach," ha colocado a infinidad de veteranos en programas de entrenamiento especializado y esta presentemente reclutando veteranos que esten interesados en obtener entrenamiento en carreras vocacionales.

Si usted conoce a veteranos, o dependientes de veteranos buscando asistencia de cualquier naturaleza, . . . refieralo al programa de "Veterans Outreach", 1680 al este de la Calle Santa Clara, en el este de San Jose, California. Su telefono el 258-0663.

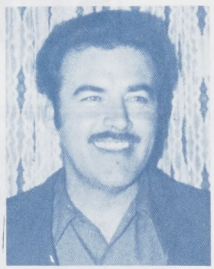
Personnel de Veterans Outreach:

Abel Cota, Director; Bob Lopez, Miguel Valdillez, Marsha Sabori, Rebecca Urrutia, Filiberto Esquilin, Bob Teruel, Margie Subega, Richard Gomez. ■

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Pepe is one of Radio KAZA brighest voices and has had a faithful audience since he came to KAZA in July of 1976. Originally from Nogales, Sonora in Mexico, he began his radio career in 1968. He worked at stations such as XSXW-YEHN in Nogales, Radio Universalidad de Hermosillo, KFBR in Nogales, Arizona el Organizacion Radiorama de Mexico and KEBT de Tuscon, Arizona. Pepe has the title of "Locutor No. 2135" given to him by the secretary of public education in Mexico and also holds the title of "Locutor del Instituto de Artes y Ciencias Cinematografias de Hollywood". Pepe has been known to say he is very happy at Radio KAZA and we hope so because we are very happy with him.



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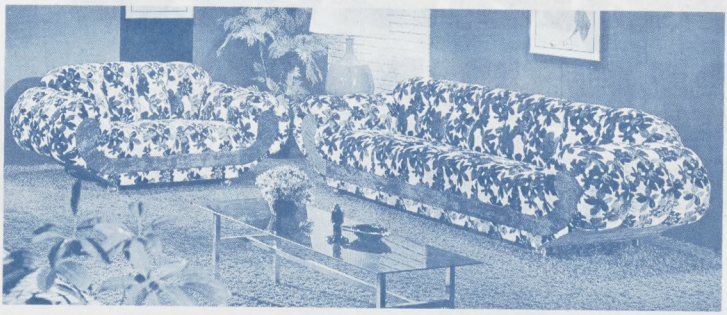
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